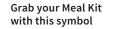
Golden Corn & Carrot Fritters

with Roasted Potatoes & Herby Mayo

CLIMATE SUPERSTAR













Carrot





Pumpkin Seeds

(Pepitas)

Garlic & Herb

Seasoning

Spring Onion

Cucumber



Vegetable Stock Powder



Smoked Cheddar Cheese



Dill & Parsley Mayonnaise





Prep in: 30-40 mins Ready in: 35-45 mins

There's no better way to get your veggies than by adding them to cheesy golden fritters, gently pan-fried for a gorgeous finish. With an extra dose of goodness from the robust side salad and a drizzle of delicious herby mayo, this is a colourful garden medley that you'll love!

Olive Oil, Plain Flour, Milk, Egg, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
sweetcorn	1 tin	1 tin		
carrot	1	2		
spring onion	2 stems	4 stems		
cucumber	1 (medium)	1 (large)		
pumpkin seeds (pepitas)	1 packet	1 packet		
vegetable stock powder	1 medium sachet	1 large sachet		
garlic & herb seasoning	1 sachet	1 sachet		
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)		
plain flour*	½ cup	1 cup		
milk*	2 tbs	1/4 cup		
egg*	1	2		
mixed salad leaves	1 medium bag	1 large bag		
honey*	½ tsp	1 tsp		
vinegar*(white wine or balsamic)	drizzle	drizzle		
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)		
diced bacon**	1 packet	1 packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	561kJ (134Cal)
Protein (g)	29.9g	4.7g
Fat, total (g)	38.6g	6g
- saturated (g)	10.1g	1.6g
Carbohydrate (g)	97.1g	15.2g
- sugars (g)	21.7g	3.4g
Sodium (mg)	1431mg	224mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4173kJ (997Cal)	605kJ (145Cal)
Protein (g)	37.9g	5.5g
Fat, total (g)	50.7g	7.4g
- saturated (g)	14.6g	2.1g
Carbohydrate (g)	97.2g	14.1g
- sugars (g)	21.7g	3.1g
Sodium (mg)	1830mg	265mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks.
- Place potato on a lined oven tray and drizzle with olive oil. Season with salt and toss to coat.
 Spread out evenly, then roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, drain sweetcorn. Grate the carrot.
 Thinly slice spring onion and cucumber.
- Heat a large frying pan over medium-high heat.
 Toast pumpkin seeds, tossing, until browned,
 3-4 minutes. Transfer to a plate.

Custom Recipe: If you've added diced bacon to your meal, return the frying pan to medium-high heat. Cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.



Make the fritter mixture

 In a medium bowl, combine sweetcorn, carrot, spring onion, vegetable stock powder, garlic & herb seasoning, smoked Cheddar cheese, the plain flour, milk, egg and a pinch of pepper. Mix well to combine.

TIP: Lift out some of the mixture with a spoon, if it's too wet and doesn't hold its shape, add a little more flour!

Custom Recipe: Add the cooked bacon to the fritter mixture.



Cook the fritters

- Return the frying pan to medium-high heat
 with enough olive oil to coat the base of the
 pan. When oil is hot, add heaped tablespoons
 of fritter mixture in batches and flatten with a
 spatula.
- Cook until golden, 3-4 minutes each side.
 Transfer to a paper towel-lined plate.

TIP: Allow the fritters time to set before turning.

TIP: Add extra olive oil between batches as needed.



Make the salad

 In a second medium bowl, combine mixed salad leaves, cucumber, toasted pumpkin seeds, the honey and a drizzle of vinegar and olive oil.
 Season to taste.



Serve up

- Divide corn and carrot fritters, roasted potatoes and mixed salad between plates.
- Serve with dill & parsley mayonnaise. Enjoy!



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